

## Salmon Patties60

Number of Servings: 60 (142.83 g per serving)

| Amount | Measure | Ingredient  |
|--------|---------|---|
| 12.00  | lb      | Fish, salmon, sockeye, w/bone, cnd, drained, unsalted |
| 4 1/4  | cup     | Milk, 1%, w/add vit A & D                             |
| 1 1/2  | lb      | Bread, white, soft, enrich, cubes                     |
| 23.00  | ea      | Eggs, whole, raw, lrg                                 |
| 1 3/4  | tsp     | Spice, paprika  |
| 9 1/2  | Tbs     | Onion, white, fresh, chpd                             |
| 9 1/2  | Tbs     | Juice, lemon, cnd/btl                                 |
| 60.00  | ea      | Cooking Spray, butter flvr, 1/3 sec spray             |

### Nutrients per serving

| Nutrition Facts  |                           |
|--|---------------------------|
| Serving Size (143g)  |                           |
| Servings Per Container   |                           |
| Amount Per Serving   |                           |
| Calories 210   | Calories from Fat 80      |
| % Daily Value*   |                           |
| <b>Total Fat</b> 9g  | <b>14%</b>                |
| Saturated Fat 2.5g   | <b>13%</b>                |
| Trans Fat 0g   |                           |
| <b>Cholesterol</b> 120mg   | <b>40%</b>                |
| <b>Sodium</b> 180mg  | <b>8%</b>                 |
| <b>Total Carbohydrate</b> 7g   | <b>2%</b>                 |
| Dietary Fiber 0g   | <b>0%</b>                 |
| Sugars 2g  |                           |
| <b>Protein</b> 22g   |                           |
| Vitamin A 6%   | Vitamin C 2%              |
| Calcium 25%  | Iron 10%                  |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                           |
|  | Calories 2,000 2,500      |
| Total Fat  | Less Than 65g 80g         |
| Saturated Fat  | Less Than 20g 25g         |
| Cholesterol  | Less Than 300mg 300 mg    |
| Sodium   | Less Than 2,400mg 2,400mg |
| Total Carbohydrate   | 300g 375g                 |
| Dietary Fiber  | 25g 30g                   |
| Calories per gram:   |                           |
| Fat 9 • Carbohydrate 4 • Protein 4   |                           |

### Notes

- \* Any type canned salmon that is unsalted can be drained, weighed and used.
- \* Raw salmon needs to be cooked without salt before being weighed

Drain Salmon. WEIGH AFTER DRAINING. Each 2 cups liquid drained off = 1 pound and can be subtracted from can weight to estimate weight of drained salmon.

\* Each 4 large eggs = ~1 cup.

Mix milk and bread cubes. Add eggs to milk-bread mixture and stir well  
Add salmon and other ingredients. Mix lightly.

Portion in to patties with #8 scoop. Flatten to about 1/2 inch thick on sheet pans sprayed with cooking spray.  
Bake at 325 degrees F for 30 or until internal temperature reaches 180 degrees F. Be careful not to dry out.  
Transfer to foil-lined counter pans, add 1/2 cup water to each pan UNDER the foil. Cover tightly. Keep hot in 200 degree F oven or in steam table.

Serve 1 patty per portion = 3 oz meat subst EP